

Ready, Set, Walk!



INShape
INDIANA
INShapeIndiana.org

Week 9: When is the Best Time of Day to Walk?

Whatever time of day you will consistently do it! While the best time of day to walk will vary from person to person, studies have shown that those who exercise in the morning are more likely to stick with it long-term. There are generally fewer distractions first thing in the morning. Walking in the morning will raise your heart rate and metabolism, helping you to burn calories. You will feel more energetic and mentally sharp for hours after you've completed your morning walk. If you are walking outdoors in the spring and summer months, the temperature will generally be cooler and there will be less air pollution.

For those who are “morning people”, choosing another time of day may be better. Walking over your lunch hour will give you an opportunity to share time with a co-worker—or “kill two birds with one stone” by having a walking meeting. If you walk at lunch time it may help you cut down on the amount you eat at the Noon meal. It also will improve your energy level and mental awareness for the remainder of the day.



Some people enjoy an evening walk, either right before or after dinner. At this time of day, your muscles are warmed up and flexible, and your lung function is high. Walking just prior to dinner can help curb your appetite and act as a stress release. If you walk in the evening, be sure to allow yourself plenty of time to wind down before heading to bed or you may have difficulty sleeping. As with all forms of exercise, consistency is the key, so choose a time of day that can easily become a habit for you.

Week Nine	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
	30 minutes	40 minutes	40 minutes	30 minutes	40 minutes	40 minutes	50 minutes

Choosing the Right Carbohydrates

Now that you've adopted a new walking program into your healthier lifestyle, don't sabotage your efforts by cutting out or limiting carbohydrates. Carbohydrates are the body's main energy source—and the preferred fuel to power your muscles.



Carbohydrates in Foods & Beverages

The only foods that don't contain carbohydrates are fats, oils, meat, poultry and fish. Everything else does. The right carbohydrates provide energy (calories) along with vitamins, minerals, and natural disease-fighting phytochemicals: fruits, vegetables, 100% juices, grains and dairy products. Carbohydrates that would be as "right" include granulated sugar, honey, jellies and jams. They provide calories without significant nutrients.

Fruits, Vegetables & Juices

Don't forgo starchy vegetables. These vegetables—peas, corn, potatoes—just have more carbohydrates than other vegetables, yet they're packed with fiber, vitamins, minerals and disease-fighting nutrients.

Choose 100% fruit juices with no added sugars like orange, grapefruit and pomegranate-blueberry juice. 100% juices don't include any sugar ingredients in the Ingredient Statement listing. 100% juices provide energizing carbohydrates along with antioxidants and many nutrients. The sugar content listed on the Nutrition Facts panel refers to the sugars (carbohydrates) naturally in the fruit.

Grains & Breads

Choose whole grain versions of pasta, cereal, breads and bagels for maximum protein and nutrients in these fiber-rich carbohydrate choices.

Dairy Foods

Choose heart healthy fat free or low fat 1% milk and reduced fat, light cheeses. Instead of nonfat flavored yogurts sweetened with sugar or honey, choose those made with no calorie sweeteners.

Tips for Liquid Calories

Most beverage calories are carbohydrate calories. Account for them within your daily calorie budget.

Visit www.INShapeIndiana.org for more online advice from
First Lady Cheri Daniels!



www.INShapeIndiana.org